

Black Bean and Corn Soup (recipe from www.5aday.gov)

Ingredients:

- ♣ 15 oz. can black beans, drained and rinsed
- ♣ 14.5 oz. can low-sodium Mexican stewed tomatoes, undrained
- ♣ 14.5 oz. can low-sodium diced tomatoes, drained
- ♣ 11 oz. can whole kernel corn, drained
- ♣ 4 green onions, sliced
- ♣ 1 small green pepper, sliced
- ♣ 4 ribs celery, diced
- ♣ 3 Tbsp. chili powder
- ♣ 1 tsp. ground cumin
- ♣ 1 garlic clove, minced

Preparation Time: 6 hours

Directions:

Combine all ingredients in slow cooker. Cover and cook on HIGH for 5-6 hours.

Serves: 8 people

Nutrition:

Nutrition Facts	
Black Bean and Corn Soup	
Serving Size 1/8 of recipe	
.	
Amount Per Serving	
Calories 130	Calories from Fat 15
.	
% Daily Value (DV)*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 480mg	22%
Total Carbohydrate 27g	9%
Dietary Fiber 6g	24%
Sugars 9g	
.	
Protein 5g	
.	
Vitamin A	30%
Vitamin C	50%
Calcium	8%
Iron	10%
.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0 Vegetables: 2 Meat: 0 Milk: 0 Fat: 0 Carbs: 1 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

This recipe provides **1.0** fruit and vegetable servings per person.